

BODY SAFETY RULES

1

MY BODY IS MINE

You are the boss of your own body! You do not have to touch, hug, or kiss anyone you do not want to. Instead, you could wave at them or give them a high-five!

2

SECRETS

No one should ask you to keep a secret, especially if it is about your private parts or it makes you feel uncomfortable.

3

PRIVATE PARTS

These are the parts of our body that are covered by a bathing suit. We do not touch, play, or look at other friend's body parts and no one is allowed to touch, play, or look at yours.

4

THE RIGHT WORDS

Use the correct words for your private parts! You do not have to feel funny saying them because everyone has private parts.

5

MY SAFETY TEAM

Pick five important people in your life who you trust to talk to when you are sad, scared, or when you need to talk about body safety. If someone breaks a rule, these people can help you!

Some examples of people on your safety team could be your mom, dad, aunt/uncle, therapist, teacher, or doctor.



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